

# LEG Up! Fall 2019 Session

## LEG Up! Learning. Experience. Goals.

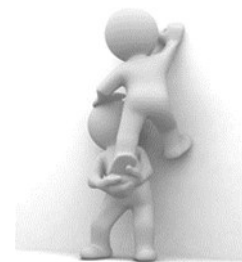
LEG Up! is a learning and skill enhancement program for adults. LEG Up! provides education and training which will ultimately open doors to obtaining valuable opportunities and experiences, including employment, community inclusion, volunteerism and independent living.

**Registration starts Friday, August 9, 2019 at 9:00 am**

Fall Session: Begins **September 3, 2019** and ends **November 8, 2019**

**Standard Cost:** 10 week session **\$280.00** unless otherwise stated

*Additional rate may apply based on individual support needs*



### Courses offered this Fall:

#### 10 Week Sessions

- Get Crackin' in the Kitchen
- Healthy You
- It's Your Future, Let's Plan It
- Art-Let's Paint It!
- Relationships 101
- Sweet Melodies

- Canada's Food Guide, Let's Learn It!
- Accessible Yoga and Wellness
- Shake and Bake
- S.A.F.E.

#### Ongoing Sessions

- Tutoring

### Registration

- Visit [mycommunityhub.ca](http://mycommunityhub.ca) to register and reserve a spot in your preferred LEG Up! class. Note: course numbers are in **blue**
  - Registration forms are also available on our website. Contact LEG Up! either by phone, email, or in person.
- \*\* Note: An instructor will contact you for more details and to confirm your registration.**

**For More Information contact KW Habilitation by:**

**Phone: 519-208-2225**

**Email: [legup@kwhab.ca](mailto:legup@kwhab.ca)**

## LEG Up! Class Information and Schedule

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### **Healthy You!: 9954**

Join us in a weekly fitness class at Fuzion Studio. After Zumba class, learn how to make a healthy and nutritious lunch.

**9:00-12:00 pm (Lunch is included. Bring appropriate gym wear, change of indoor shoes, and water bottle.)**

**\$320.00 per 10 week session**

### **Relationships 101: 9963**

Do you want to learn how to make friends? This class will help you develop a better understanding of the importance of communication as well as learn how to build relationships with others. We will discuss the importance of setting boundaries and how conflicts can be resolved.

**1:00-3:00 pm**

**\$280.00 per 10 week session**

### **Get Crackin' in the Kitchen: 9952**

Bring your cooking skills, appetite, and enthusiasm. You will be introduced to some basic kitchen and food handling skills, as well as help menu plan and sample your creation.

**4:00-6:30 pm**

**\$280.00 per 10 week session**

**NOTE: \*No class\*-September 2 and October 14, 2019**

**Make up class dates -November 11 and November 18, 2019**



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**It's Your Future, Let's Plan It: 9955**

In this class we will work together to discover steps to achieving your personal goals for the future in recreation, volunteerism, and employment.

**9:30-11:30am**

**\$280.00 per 10 week session**

**Canada's Food Guide-Let's Learn It!: 9961**

Expand your knowledge about healthy eating and healthy alternatives from Canada's revised food guide. Learn how to cook healthy on a budget and make healthy choices. Discover some new nutritious recipes that you can enjoy making and eating here at LEG Up!

**9:30-11:30am**

**\$280.00 per 10 week session**

**S.A.F.E - Safety Awareness For Everyone: 9956**

Everyone has the right to be safe and each of us needs to be assertive when it comes to our safety. In this 10 week session, we will cover all aspects of your safety from home, work, and community. Learn about hot topics, like First Aid, work safety and personal safety.

**1:00-3:00pm**

**\$280.00 per 10 week session**

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**Get Crackin' in the Kitchen: 9953**

Bring your cooking skills, appetite, and enthusiasm. You will be introduced to some basic kitchen and food handling skills, as well as help menu plan and sample your creation.

**10:00-12:30 pm**

**\$280.00 per 10 week session**

**Shake and Bake: 9958**

Meet new people, bake some yummy goodies, and play fun games while making new friends during this weekly social activity.

**1:00-3:00 pm**

**\$280.00 per 10 week session**



# T H U R S D A Y

## **Accessible Yoga and Wellness: 9964**

Come to this class ready to relieve some stress. This session will include five gentle yoga classes and we will explore other stress reducing strategies like mindfulness, meditation, and relaxation techniques that you can apply to everyday life.

**9:30-11:30 am**

**\$280.00 per 10 week session**

## **Sweet Melodies: 9959**

Join the LEG Up! staff for a session of music appreciation. We will explore and listen to different artists, genres, and instruments each session, while enjoying a sweet treat we bake together.

**1:00-3:00pm**

**\$280.00 per 10 week session**



# F R I D A Y

## **Get Crackin' in the Kitchen: 9951**

Bring your cooking skills, appetite, and enthusiasm. You will be introduced to some basic kitchen and food handling skills, as well as help menu plan and sample your creation.

**10:00-12:30 pm**

**\$280.00 per 10 week session**

## **Art-Let's Paint It!: 9957**

In this class we will work with a variety of materials, such as watercolours, acrylic, and textiles, to create fabulous works of art on canvas, paper and other art surfaces. Come to LEG Up! and explore your creativity.

**9:30-11:30 am**

**\$280.00 per 10 week session**

## **On Going Sessions**

### **Tutoring:**

1:1 tutoring. If you prefer to work directly with an Instructor to eliminate distractions this might be good fit for you.

**\$35.00 per hour**